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JEFF HARPER/METRO

SUNDAY BLAZE FIRE CAUSES HEAVY DAMAGE IN BEDFORD

metroNEWS

Ferry employee 'shoved': Union

ALLEGED ASSAULT

Police called after drunken incident on Dartmouth crossing



**Phillip
Croucher**
Metro | Halifax

The head of the Halifax Transit union says the assault of a crew member aboard a ferry on the weekend was the actions of a drunken passenger.

Halifax Regional Police say a 54-year-old man assaulted the 52-year-old male crew member in the public domain area of the ferry.

Police say the assault happened just before 9 p.m. Saturday as the ferry was crossing to Dartmouth from Halifax.

"It was on the lower end of the assault. There were no injuries," said Staff Sgt. Andrew Matthews.

According to Ken Wilson, the head of the union representing Halifax Transit workers, the situation unfolded due to an intoxicated passenger on the upper deck of the vessel.

Wilson said workers from the wheel-

house noticed the man bothering a female passenger.

An engineer was then sent down to speak with the man, and that, according to Wilson, was when the alleged assault took place.

"The engineer was shoved a couple of times. That's the extent," Wilson said.

He said passengers on the upper deck were told to move to the indoor lower level, and the ferry stayed in the water until police arrived on the Dartmouth side.

Wilson said intoxicated passengers are something they deal with "on a constant basis" on both ferries and buses.

He said the ferry crew members handled Saturday's situation very well, calming the suspect down and getting him seated until police could take him into custody.



**I'm glad it (happened)
on a ferry with a crew of
four rather than on a bus
with one.**

Ken Wilson, Halifax Transit union head



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It was a jungle out there

CHARITY

Dal students organize first Halifax Jungle Run at park



Rebecca Dingwell
For Metro | Halifax

On your mark, get set, go.

A sea of lime-green shirts could be seen at Point Pleasant Park Sunday morning, as a group of more than 70 people were participating in the first Halifax Jungle Run.

Sam Buckley, one of the organizers of the five-kilometre race through the popular park, said he hopes it can become an annual event.

"I think it's going pretty well so far," said Buckley, a commerce student at Dalhousie University. "A little hectic. But I think we can get there."

Buckley thought up the idea with a few of his classmates, and the group decided the proceeds from the run would go towards the IWK Foundation.

"It's a wonderful charity and Dalhousie is very much involved with the IWK Foundation," said Buckley. "So, it's a charity we were very much familiar with and they were very helpful along the way."

The foundation provides money to help with the urgent care needs of the IWK Health Centre.

"I've talked to a lot of great



Runners, including Nick Brooks, centre, start the first Halifax Jungle Run at Point Pleasant Park on Sunday. JEFF HARPER/METRO

people today," said Buckley.

After registering, many race participants opted to get their faces painted — tiger-style. Not only did it fit in with the jungle theme, but it also paid tribute to the Dal mascot.

Aside from the mascot himself, Nick Brooks received the biggest "tiger treatment." Com-



I'm glad I've been able to be a part of this and help raise money for the IWK.

Runner Nick Brooks

plete with ears and a tail, Brooks played the role of Tiger Runner for the race.

He finished the five-kilometre run in less than 20 minutes, before anyone else.

"That was the fastest I've ever run (for that distance)," Brooks said.

An avid runner, Brooks is train-

ing for ultramarathons, so it's no surprise he passed the finish line first.

His facepaint was a little smudged, though.

"It was fine," Brooks said with a smile.

"It's only now that I'm starting to get real sweaty and I feel like I'm starting to drip."

RCMP

Crash may have involved alcohol

Police are investigating a fatal crash outside of Halifax that may have involved alcohol. The RCMP say they were called to a single-vehicle crash at 6095 Highway 7, near Mary Etta Drive, in the Head of Chezzetcook, around 2:30 p.m. Sunday.

Cpl. Jadie Spence said an SUV left the road and rolled over several times. The male victim was the only passenger inside the vehicle, and he died at the scene. Spence said he was trapped inside and firefighters had to try and extricate him, but it was too late. The male driver wasn't hurt.

Spence said it's believed alcohol played a factor in the crash based on "what we saw at the scene." The investigation is continuing and there's no word of any charges being laid against the driver. PHILIP CROUCHER/METRO



IN BRIEF

\$1-million lottery ticket bought in Lower Sackville

Someone who bought a lottery ticket in Lower Sackville has a million reasons to smile.

According to the Atlantic Lottery Corporation, a ticket sold in Saturday's Lotto 6-49 draw worth \$1 million was sold in Lower Sackville.

The main draw numbers were 01, 13, 28, 34, 37 and 45, and the bonus number was 32. METRO

TAYLOR SAMSON CASE

No bail for suspect charged in killing



Zane Woodford
Metro | Halifax

The man accused of killing a fellow Dalhousie student in August has been denied bail.

William Sandeson, 23, is charged with first-degree murder in the killing of Taylor Samson, 22, in August.

Justice Jamie Campbell denied Sandeson's bail application late Friday afternoon.

"He doesn't deserve bail," Samson's mother, Linda Boutillier, said outside court. "I'm not going to show him compassion; I don't think anybody should show him compassion," she said.

Before Justice Campbell delivered his roughly half-hour decision, a sheriff asked those in the courtroom — including Samson's mother and brother and Sandeson's parents and brother — to keep their emotions in check.

After Justice Campbell left

the room, however, Boutillier yelled at the accused as he was led out of the courtroom and back into custody.

All evidence presented by both sides over the hearing's three days is protected by a publication ban imposed by Justice Campbell on Wednesday.

Two police officers working on Sandeson's case testified for Crown attorney Susan MacKay, and Sandeson's parents — his proposed sureties — testified for defence lawyer Eugene Tan. After that testimony, each side gave its closing arguments on Friday morning.

Sandeson is due back in Halifax provincial court on Tuesday morning, when he is expected to set dates for a preliminary inquiry.

Between Friday and then, Tan said, he and his client would consider their options, which could include forgoing Sandeson's right to a preliminary inquiry and heading straight for a trial.

Sandeson is accused of killing Samson in August. The victim had been missing for four days.

Police searched properties in Halifax and Truro, but Samson's body hasn't been found.



William Sandeson

EAST HANTS

Break-and-enter not random: RCMP

East Hants District RCMP are looking for three men in connection with a break-and-enter.

Police say the incident occurred at an apartment on Indian Road at around 8:30 p.m. on Friday.

A preliminary investigation determined three men forced their way into the apartment and stole several items.

Police say the culprits were wearing balaclavas, hoodies and gloves. Two of them had knives. Following the break-in, the men left the area in a vehicle.

The residents of the apartment, a 25-year-old man and 27-year-old woman, were home at the time of the break-in. Neither was injured.

METRO

IN BRIEF

Drugs, weapons seized in Cole Harbour home

Police investigators turned up a shotgun, brass knuckles, dilaudid and marijuana in their search of a Cole Harbour home Friday morning.

They subsequently arrested Diaz Mantley, 25, at his Arklow Drive residence, according to a Nova Scotia RCMP news release.

Mantley is now facing a number of possession and weapons charges. He will remain in police custody until his next court appearance Monday morning, police said. METRO

Man charged with masturbating in public

Police have charged a 54-year-old Dartmouth man after witnesses said he was spotted masturbating in public.

Around 10:40 p.m. Thursday, Halifax Regional Police said, they received information from residents that a man was masturbating in the area of Peddars Way and Bow Street.

Multiple patrol cars attended, police said in a release, and a man was arrested in a residence on Marcs Way soon after. METRO



Firefighters at the scene of Sunday morning's house fire at 76 Three Admirals Dr. JEFF HARPER/METRO

Home damaged in morning blaze

INVESTIGATION

No one hurt; officials try to determine cause of fire



Rebecca Dingwell
For Metro | Halifax

Jeff Walsh was running errands with his family when he got the call. The house next door to his was on fire.

"(The neighbours) knew we had a dog and a cat," said Walsh.

"They were able to get in through our garage-door remote and get our dog out, but I had to rush home and start searching for the cat."

Division commander Bryson Wilson of Halifax regional fire said they received the call to the blaze at 76 Three Admirals Dr. in Bedford at about 10:30 a.m.

"When the first unit arrived, they had fire from the

The flames were coming pretty much out the side of the house.

Jeff Walsh

patio right through to the roofline and in through the attic," said Wilson.

Walsh was able to get home and find his cat.

Firefighters first dealt with

the flames from the outside, then moved into the house.

"When they got inside, the fire got into the attic and had created quite a bit of problems with the roof structure," said Wilson.

"The roof started to collapse."

Firefighters then left the home and were able to stop the blaze from the outside.

Wilson said they were waiting on investigators to determine the cause of the fire.

No one was injured.

WITH FILES FROM JEFF HARPER/METRO

BIG LIFT

No bridge closures 'until further notice'

It may be later in the week before Halifax and Dartmouth commuters can expect more closures on the MacDonald Bridge.

This is likely happy news for some, as the Big Lift redecking project caused much frustration on Friday.

The bridge was originally supposed to open at 5:30 a.m., but around 6 a.m. Halifax Harbour Bridges (HHB) said it would tentatively open it at

8:30 a.m.

However, HHB later said the opening would be pushed back for another few hours, to tentatively open at 2 p.m. It finally opened at 2:10 p.m.

A Friday afternoon release stated all closures of the MacDonald have been suspended "until further notice."

"Once we receive the proper assurances and undertakings from our contractors, we will update the travelling public as

+ DELAY

A similar delay happened Oct. 19, with service opening more than four hours behind schedule, causing traffic headaches for many.

to the future closure and work schedule," the release said.

Many people vented their an-

noyance on social media about huge lines of traffic waiting on the Circumferential Highway in Dartmouth and Highway 102. Some people who usually commute in half an hour said it took them more than two hours Friday.

There were also long lines at both Halifax Transit ferry terminals, as some commuters hoped to avoid traffic altogether. METRO

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Shooting Stars at Halifax Pop Explosion

Fans flocked to the Halifax Pop Explosion as the annual festival's 22nd iteration took over the city last week. The event saw more than 200 acts — including rock, indie, hip-hop and comedy — play at 15 venues across the peninsula. Metro managed to escape the daily news cycle for the last two nights to catch shows from Stars, Alvays, July Talk and more.

PHOTOS AND COPY BY ZANE WOODFORD/METRO



1 Stars

Stars singer and keyboardist Torquil Campbell holds a note while drummer Pat McGee and bassist Evan Cranley keep the beat. The Montreal-based band headlined a show as part of the Halifax Pop Explosion at the Halifax Forum Multi-Purpose Centre Friday night.

2 Alvays

Alvays singer and guitarist Molly Rankin through the iPhone of a fan snapping a picture during the Maritime-bred, Toronto-based band's sold-out show Saturday night at Olympic Hall.

3 Fans

Fans cheer as Montreal-based band Stars break into their second song during their headlining show.

4 July Talk

July Talk singer and guitarist Peter Dreimanis and singer Leah Fay display some of their trademark on-stage chemistry during their band's energetic set at the Halifax Forum Multi-Purpose Centre Friday night.



Communication - an Important Part of Massage Therapy

Melanie Dumaresq B.A., R.M.T., MTANS Spokesperson

At your initial visit with a massage therapist you are required to fill out a health history form. This gives details about any illness or injuries that you may be dealing with as well as any medications you might be taking. All of this information is confidential and is taken to ensure that the treatment you get is safe. Your massage therapist will talk to you about what your goals are and preferences for massage.

At each massage session, the first few minutes are a conversation about how you are feeling. This is the time to talk about any changes to medications or health. Now is the chance to tell your massage therapist what worked for you and what did not, and review your goals for therapy.

Once you are on the table, the conversation is not over. With each change of technique or pressure, it is your responsibility to tell the therapist if the pressure suits you. Massage Therapy does NOT fall under that category of No Pain - No Gain. When you are in pain, your body has a way of protecting you and if your massage therapist tries to « push through » this you will end up with more pain and damage to your muscles than when you started. If there is an injury there can be some discomfort with any type of physical therapy, but pain is not your friend.

Just like your workouts, or any day in your life, sometimes you have more energy or strength.

That is your body reacting to things like your sleep pattern, or eating habits, hydration or stress. All these affect your response to massage as well. So one day you might feel like a bit more pressure, other days a little less. You might find that you like certain techniques on your legs more than you like them on your arms or back. To get the best experience you have to share those preferences with your massage therapist. If something doesn't feel right or you'd like a change of pace during your treatment, just say so, your therapist won't mind.

Massage therapy is unique and fantastic in this aspect. Each session - whether it is a half an hour, or ninety minutes;

for injury or stress reduction; is a partnership between you and the therapist. With extensive training they have the knowledge to give you a safe and effective treatment but only you know how you feel.

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BMO to move HQ, gets tower's naming rights



On Friday Carolyn Booth, senior vice-president of BMO's Atlantic division, joined Joe Ramia of Argyle Development

The BMO Financial group will

Part of the 10-year lease, which includes a 20-year extension option, is the naming rights to brand the office tower on the corner of Prince and Argyle streets as the BMO Tower.

The BMO Montreal's current main branch at the George Street location will no longer be needed, Booth said, and added she's sure the landlords have "plans" for the space when they leave.



Cyclists ride and mourn

Death sparks call for bike lanes, truck side-guards



"It's to bring attention to some of the issues in cycling infrastructure and other things in the city," Barrington said of the event. "To show support for

"That's the whole reason I got into this."

It reduces (cyclists') credibility and causes more aggressivity if we disobey the laws.

Peter Williams

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Go Further



Nofuratu the hairless sphynx hangs out at the Halloween Cat Show on Saturday at the Halifax Forum. REBECCA DINGWELL/FOR METRO

Hundreds meow at Halloween Cat Show

HALIFAX FORUM

Record number of felines strut their stuff



Rebecca Dingwell
For Metro | Halifax

From American shorthair to Siamese, the Halifax Forum was a cat lover's paradise this weekend.

The annual Halloween Cat Show welcomed dozens of cats and cat lovers on Saturday.

Brett McKnight, the show's announcer, said it seems to be growing every year.

"This year is the largest number of cats they've had," he said.

McKnight brought his own feline friend, Nofuratu, along. Although retired from show business, the hairless sphynx still gets plenty of attention.

"He's a bit of a diva," McK-

night said with a smile. "That's abnormal for the breed. The breed is generally super loving and cuddly."

As his name implies, Nofuratu is hairless. Most people find him less appealing than the fluffy cats, said McKnight — but only at first glance.

"Once you touch a sphynx, it totally changes your mind," he explained. "They're super soft."



He's a bit of a diva.

Brett McKnight, on his cat

Along with its breed and house cat classes, the show hosted a costume contest.

Sherry Pellerin shows off her cat, Mishka, before the Halloween Cat Show's costume contest.

Some cats weren't phased by their witch and devil costumes, but others meowed in protest. Sherry Pellerin's cat was one of

the quietest.

"I woke her up," said Pellerin, "but once we got up there and I held her in my arms for a while, she was fine."

The pair dressed to match. Pellerin was a veterinarian, while Mishka the Abyssinian was her patient. Although she was defeated by a cat dressed as an elephant, Mishka didn't seem too concerned.

At less than four months old, Mishka wasn't permitted to compete in classes yet.

"I just wanted to introduce her to the environment [of a show]," said Pellerin.

Aubrey Webb's British shorthairs weren't in costume, but he showed off his cats in other competitions.

"Their coat is like velvet," said Webb. "It's really the only breed for us."

Webb's female cat, Soda, earned third place in Saturday's all-breed class.

The two-day event wrapped up Sunday.

DALHOUSIE

Researchers use LED lights to trigger muscles in mice

In a lab at Dalhousie University's medical school, a few twitches of a mouse's leg represent a big step forward for research into motor neuron disease.

A team of scientists at Dalhousie's Medical School and the Brain Repair Centre harnessed the power of genetic manipulation and added the flash of an LED light available at any hardware store to achieve the discovery, which could have ramifications for people living with ALS, or Lou Gehrig's disease.

"I think it's one avenue, it's not going to cure the disease," said Dr. Victor Rafuse, professor in the Department of Medical Neuroscience and director of the Brain Repair Centre.

"Essentially, it's just a new technology that can be explored to improve the quality of life of people who've lost function due to motor neuron disease or due to injury."

Rafuse and his team, which includes Dr. Philippe Magown, Basavaraj Shettar and assistant professor of medical neuroscience Dr. Ying Zhang, found a way to bypass the nervous system to activate unresponsive muscles in mice using light and genetics.

It's a key discovery, because in conditions like ALS, the nerve cells that control movement progressively degenerate.

"The nervous system controls the muscle, and without the nervous system, the muscle is non-functional," said Rafuse.

The team used genetics to insert a light-activated ion channel, first discovered in single-celled aquatic algae, into the



A worker displays white mice at an animal laboratory of a medical school in Chongqing Municipality, China. GETTY

muscles of a group of mice.

The ion channel enabled the muscles to contract when stimulated with a blue LED light, which can be bought anywhere.

When the light is shone onto the mouse's previously dead leg, it twitches.

"Blue light from a very off-the-shelf LED light can very efficiently not only control the muscle, but do it in a way that's almost indistinguishable from how the mouse can actually activate its own muscle," said Rafuse.

Rafuse also said the light helps limit the atrophy, or degeneration of the muscle.

"If we just stimulated the muscle with light, through the skin, for one hour a day, we could not only prevent the

atrophy, but very easily be able to control that muscle."

The team's next challenge is finding a way to transfer the successful results to humans.

THE CANADIAN PRESS

+ POTENTIAL

If it was ever successfully transferred to humans, the technology could have many potential uses. Rafuse suggests maybe one day, a human with nerve damage to their hand would be able to restore some function. There's also the possibility of stimulating the diaphragm in ALS patients with respiratory problems.

IN BRIEF

Clear-bag usage doing well in Halifax: Report

Halifax's decision to curb garbage totals by implementing clear garbage bags appears to be working. For the first two months of the project, the city has seen a 31.4 per cent reduction in waste going to the landfill. Recycling totals increased by 19.4 per cent compared with the same time frame in 2014. Starting in August, only one in six bags of garbage could be a black bag. Grass is also no longer allowed in the compost bins. THE CANADIAN PRESS

BUSINESS

Province cuts licensing fee for arenas, legions

Place of amusement operating licences will no longer be required in Nova Scotia for places like arenas, bingo halls and Royal Canadian Legion branches.

Under a change announced Friday by Service Nova Scotia Minister Mark Furey, the province is immediately dropping the \$289.95 three-year fee.

Furey says the licence is outdated and the move is part of a government effort to eliminate red tape for businesses.

He says the change will allow businesses, non-profit organizations and community groups to make better use of their time and money.

There are currently more than 400 licences providing about \$40,000 in annual revenue to the province.

The operators will still be required to work with the Office of the Fire Marshal to ensure their locations and facilities are safe.

THE CANADIAN PRESS



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DALPLEX

History to be made in cabinet

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau's to-do list. Today, we examine his promise of gender parity.

Michael Woods
Metro | Ottawa

Justin Trudeau made one of his more striking campaign promises on a mid-June day when he was still in third place.

"My Liberal cabinet," he said, "will have an equal number of men and women."

The time has come to appoint that cabinet, one of the most important tasks for the prime minister-designate's transition team. If he keeps his promise on Nov. 4, his will be the first Canadian cabinet in history to have gender parity.

"I think it's smart politically, I think it's actually doable and it's a good idea," said University of Ottawa political-science professor Caroline Andrew, director of the school's Centre on Governance.

Choosing a cabinet is a delicate process involving many considerations, including region, language and political experience.

Outgoing prime minister Stephen Harper's final 39-person cabinet included 12 women (about 30 per cent). That was a higher proportion than the overall House of Commons, which had only 25 per cent female members of Parliament.

Trudeau has set the bar higher, which "gives him the opportunity to dig a little bit deeper into his women's caucus," said Nancy Peckford, national spokeswoman for Equal

Voice, a multi-partisan organization dedicated to electing more women in Canada.

Fifty Liberal women were elected on Monday, 42 of whom are first-time MPs.

"We think he will have no trouble finding highly qualified, talented women to fill those posts," Peckford said.

When Trudeau made the announcement in June, some critics said Trudeau should just pick his cabinet regardless of gender and was compromising the possibility of appointing ministers on merit alone.

Peckford said that argument is "bogus, quite frankly."

"This is not a quota. This is a commitment to equality," she said. "We don't buy the argument at all that it will somehow limit his choices any more than any other consideration."

Among some good bets for a spot at the cabinet table: former editor and author Chrystia Freeland, former Assembly of First Nations B.C. regional chief Jody Wilson-Raybould, international trade lawyer and former UN adviser Catherine McKenna, Oxford-educated lawyer Mélanie Joly and former Newfoundland and Labrador cabinet minister Judy Foote.

Peckford said the promise is a positive signal to all 50 women in Trudeau's caucus, regardless of whether they're in cabinet, that he very much wants to value their voices and ensure they are able to make the best contribution possible.



My Liberal cabinet will have an equal number of men and women.

Prime minister-designate
Justin Trudeau



Prime minister-designate Justin Trudeau walks to a news conference from Parliament Hill last Tuesday.

ADRIAN WYLD/THE CANADIAN PRESS

PROMISES TRACKER

PART I

- ☒ GENDER PARITY
- ☐ TAXATION
- ☐ REFUGEES
- ☐ CLIMATE
- ☐ INDIGENOUS WOMEN

TRANS-PACIFIC PARTNERSHIP

Activists call on Trudeau to defend Canada's copyright regime



Prime minister-designate Justin Trudeau, on the campaign trail, had pledged to thoroughly examine the Trans-Pacific Partnership deal. NICHOLAS KAMM/NICHOLAS KAMM/AFP/GETTY IMAGES

Copyright activists say Canadians could face lawsuits, fines or worse for ripping the latest Justin Bieber CD or uploading an animated GIF of Jose Bautista's bat-flip under a new trade deal, and they're calling on the newly elected Justin Trudeau to act.

A major part of the Trans-Pacific Partnership (TPP) deal finalized Oct. 5 involves harmonizing copyright laws in the 12 Pacific Rim countries — including Canada, the United States, Australia and Japan — that are signatories



Canadians don't realize that the way that they use the Internet ... is going to change dramatically.

Meghan Sali

to the deal. While the final text of the trade agreement has yet to be published, the website Wikileaks released what it claims is the intellectual property chapter of the TPP on Oct. 9.

"Canadians don't realize that the way that they use the Internet every day is going to change dramatically," said

Meghan Sali, a spokeswoman for the digital-rights advocacy group OpenMedia.

The Electronic Frontier Foundation, an American advocacy group, has said the TPP threatens to override Canada's copyright regime and promotes the interests of copyright owners and corporations at the expense of the public.

Under Canada's current laws, ISPs and other companies that receive copyright complaints are only required to notify their users about the potential breach, and copyright holders must convince a court if they want the offending content removed.

Sali said the TPP deal could replace this so-called notice-and-notice system with the U.S. notice-and-takedown system, in which content is blocked or removed as soon as the first complaint is made.

THE CANADIAN PRESS

Crisis spurs EU summit

POLITICS

Leaders lash out over handling of migrant influx

European leaders lashed out Sunday at each other's handling of the continent's greatest immigration crisis since World War II, even as they came together to seek ways to ease the plight of

the tens of thousands marching across the Balkans toward the European Union's heartland.

At a hastily-called emergency summit in Brussels, 11 EU and Balkan leaders were especially looking to shore up Greece's porous border with Turkey and slow the flow of people heading north.

"Extraordinary times demand extraordinary measures," German Chancellor Angela Merkel said.

Nearly 250,000 migrants have passed through the Balkans since mid-September. Croatia said 11,500 people crossed into the country Saturday, the highest in a single day since Hungary put up a fence and refugees started coming into Croatia in mid-September.

Slovenian Prime Minister Miro Cerar said his tiny Alpine nation was being overwhelmed by the refugees — with 60,000 arriving in the last 10 days.

He put the challenge in simple terms: if no fresh approach is forthcoming "in the next few days and weeks, I do believe that the European Union and Europe as a whole will start to fall apart."



A column of migrants moves through fields in Rigonce, Slovenia, Sunday, after crossing from Croatia. Below: Serbia's Prime Minister Aleksandar Vucic speaks to reporters during an EU summit in Brussels Sunday. DARKO BANDIC/THE ASSOCIATED PRESS; INSET: VIRGINIA MAYO/THE ASSOCIATED PRESS

Many say the EU needs to get control of the refugee flow at the bloc's external border between EU-member Greece and Turkey.

Migration experts, however, say the flood of refugees won't be halted until the world resolves the war in Syria, which is driving millions out of the

country.

Greece decried the lack of EU solidarity.

"Till today, it was difficult to find a solution, because a series of countries adopt a stance 'Not in my backyard,'" Greek Prime Minister Alexis Tsipras said

THE ASSOCIATED PRESS



IN BRIEF

Death toll rises to 30 in bombing of hospital


The number of people killed when U.S. forces bombed a trauma hospital in northern Afghanistan earlier this month has risen to 30, the international medical charity Doctors Without Borders, which ran the clinic, said on Sunday.

The clinic in Kunduz was bombed by U.S. forces on Oct. 3. Two military inquiries and an Afghan government probe are investigating why the hospital was bombed. THE ASSOCIATED PRESS

Cameras to cover Temple Mount, Kerry says

U.S. Secretary of State John Kerry announced Saturday that surveillance cameras will be installed at the Jerusalem holy site known to Jews as the Temple Mount and to Muslims as the Noble Sanctuary.

More than a month of violence has been fuelled by Palestinian allegations that Israel is trying to change the status quo at the site, which allows non-Muslims to visit but not pray. THE ASSOCIATED PRESS



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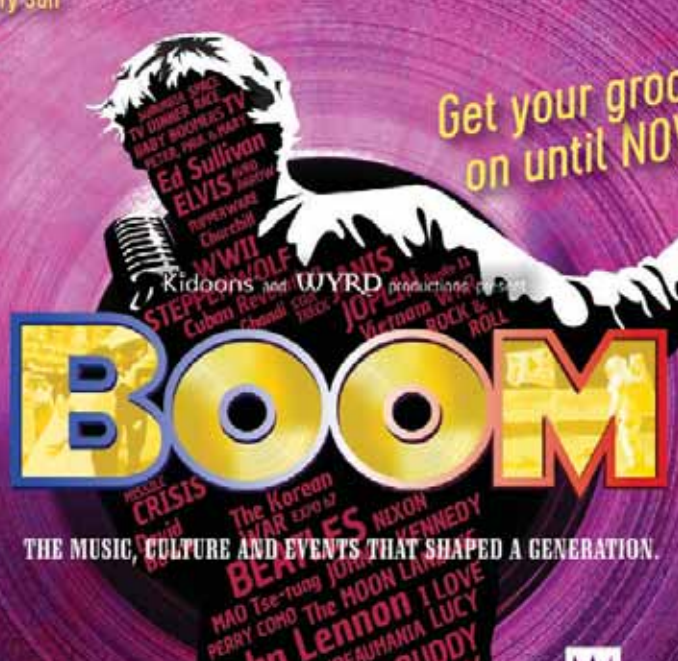
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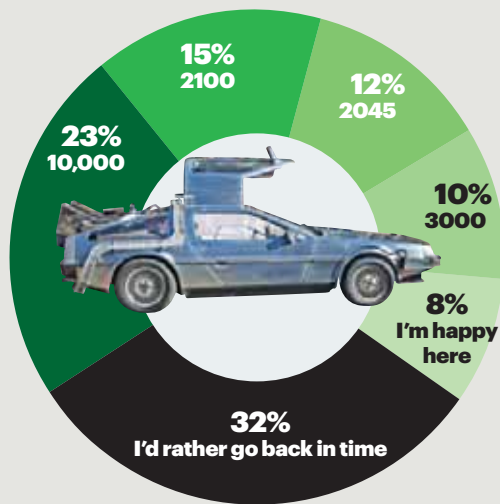
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Imagining the future

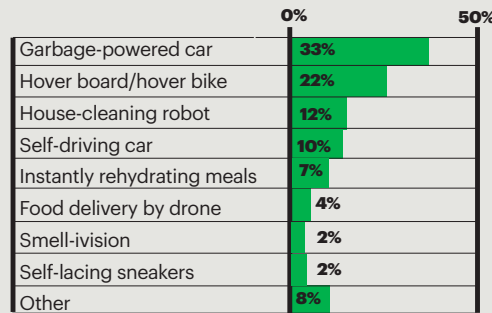
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In the *Back to the Future* movies of the 1980s and 1990s, Marty McFly took his garbage-powered vehicle to 2015, a futuristic landscape of self-lacing sneakers, hover boards and bionic brain implants. We asked our readers if the real 2015 is humdrum by comparison and what era they would like to visit. Thirty years hence, McFly-style? Or even further afield?

1 What year would you like to travel to?



2 What futuristic invention are you still waiting for?



3 If 1985 people travelled to 2015, what do you think they'd be most disappointed about?

29% Terrorism/national-security fears
27% Environmental destruction/climate change
23% Internet culture
8% The music scene
7% Decline of books and print media
2% Doping in sports
4% Other



METRO READERS

ROSEMARY WESTWOOD

metroview

Every year when fall comes calling, I need to eat everything

Maybe your day also started like this.

Breakfast: grapefruit and a pumpkin muffin. Apple for elevenses. Soup for lunch, salad for second lunch, second muffin for afternoon snack, granola bar for early evening snack, a plum, the last coq au vin leftovers for dinner, one-quarter of a bag of Applewood Smoked BBQ potato chips for after-dinner snack and for dessert: six pieces of sea-salted milk chocolate. There might have been a mandarin orange in there, but I can't quite recall.

You can understand why. Each year, the fall comes along, and I seem to want to eat it. The only acceptable time to not be eating appears to be when I'm asleep.

This time, I stopped to wonder what odd compulsive reflex has come over me. So I looked it up. Turns out some studies have shown that we do indeed consume more calories when the days get darker and colder.

We — not just me — seasonally overeat. The why appears up for debate. Maybe we have a bear-like urge to store calories. Maybe we're sucked into the flavours and gluttony that seem synonymous with the season.

I'm actually not, it turns out, too concerned about the why. Having seen that there is a) a definite human trend here and b) some possible answers, I'm satisfied. Information-

ally speaking. And I like both answers.

If it's the first, then it's a function of my biology — and sure, I could exert some extra self-control, but if I don't, I've got company among the masses.

If it's the second, then I'm only responding to the gravitational pull of cinnamon, cumin and red wine, bacon in my stews, extra butter on toast and extra cream in tomato soup.

By drawing me to food, the fall draws me into my kitchen, for hours, half the weekend, the whole weekend, pouring over recipes for Vietnamese lemongrass beef stew, beef bourguignon or a Burmese curry. The sunny, chilly day is best spent strolling in and out of small grocers and butchers and bulk shops, then home again to watch light from the window slowly crawl across the wall.

Stowing away, and letting the hours pass in the many voices coming from the radio and the heat of the oven.

Sinking into food — the creative, aromatic and physical pleasures of making and tasting it — is an autumn gift.

Eat up.

We — not just me — seasonally overeat. The why appears to be up for debate.

The devil will be in the details of voting reform

HALIFAX MATTERS

Stephen Kimber



The good news is that — as the late Gerald Ford so aptly put it in a different context, after Richard Nixon resigned the U.S. presidency in disgrace in 1974 — “our long national nightmare is over.” Or, to borrow the more tri-

In our rush to bid good riddance to Harper, we have, in some ways, created his mirror image: a crushing Trudeau majority based on less than 40 per cent of the vote.

umphant if cheekier chant of some social-media commentators last week: “Ding Dong! The witch is dead!”

The bad news... Well, with such delightful electoral results last week, who really wanted to contemplate the uh-oh that came with the thank-God of showing Stephen Harper the prime ministerial don't-let-it-hit-you-on-the-way-out door?

In 2011, Stephen Harper took the popular vote endorsement of just 40 per cent of us and used the parliamentary majority our skewed first-past-the-post system handed him to dis-mantle much of what we are as a country. He employed the clout of his majority to reshape us into his own mean-spirited, politics-over-policy, ideology-over-science, jails-over-justice, passion-over-compassion neo-conservative self image.

It will take more than one electoral mandate to unravel the damage Stephen Harper has done.

But in our understandable rush to bid good riddance to Harper, we have, in some ways, created his mirror image: a crushing Trudeau majority of 184 seats in the House of Commons, based on less than 40 per cent of the popular vote.

I know, I know. Justin Trudeau isn't Stephen Harper. And since the Liberal platform wasn't so dissimilar to the NDP or Greens, we could argue the new government's general thrust has the support of close to 63 per cent of the electorate. Perhaps more importantly, the Liberals have pledged to introduce electoral-reform legislation within 18 months.

But it's worth remembering the first piece of legislation Canada's least accountable, least transpar-

ent government introduced was the so-called Public Accountability Act. (Harper's party followed it up later with the Orwellian Fair Elections Act.)

The devil will be in the details. And the details will be devilish.

All of us will have our political priorities for the new government — unmuzzling scientists, restoring funding for the CBC, levelling our taxation playing field. But if there is one thing we should all demand, it is that the Liberals follow through, in a meaningful way, on their promise to change the way we do democracy.

That would be good news.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Monday.

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PHILOSOPHER CAT
by Jason Logan





Scaring Springfield for 26 years

THE SIMPSONS

A countdown of the show's best Halloween specials

Brian Gasperek
For Metro Canada



Our favourite citizens of Springfield got to unleash their yearly dose of horror, sci-fi and supernatural spoofing Sunday night — The Simpsons annual Halloween special, Treehouse of Horror.

This year's edition of the spooktacular was highlighted by a segment featuring Springfield's most sinister villain, Side-show Bob, finally accomplishing his life goal of obliterating Bart Simpson... just for the episode.

In honour of 26 years of Simpsons Halloween tradition and Bob's landmark achievement, we thought we would rank the top seven most memorable Treehouse of Horror segments of all time. Ready to relive the terror and hilarity?

7 Treehouse of Horror VI: Homer (1995)

The Homer segment from 1995's Treehouse of Horror episode was so good. In a spoof of The Twilight Zone's classic Little Lost Girl episode, we got to witness Homer Simpson accidentally turning 3D and getting trapped in the real world. The nerdy quantum physics jokes were good, but seeing Homer walking amongst us was even better.



Treehouse of Horror V: The Shinning spoofed Stanley Kubrick's classic film. CONTRIBUTED

6 Treehouse of Horror XIX: It's the Great Pumpkin, Milhouse (2008)

If The Simpsons was going to spoof It's the Great Pumpkin, Charlie Brown, it had to be classic. And it was. In the standout segment from 2008's Treehouse of Horror special, The Simpsons' Peanuts parody wasn't only cute, it was gory and hilarious too. As a nice touch, it also featured Vince Guaraldi's classic Charlie Brown music.

5 Treehouse of Horror III: Clown Without A Pity (1992)

Clown Without A Pity from 1992's Treehouse of Horror was not only excellent, it was legitimately terrifying too. The segment spoofed another Twilight Zone classic, Living Doll. Homer brought home a cursed, murderous Krusty The Clown doll as a birthday present for Bart, and the tiny toy attempts to murder him. You can't really blame Homer though...the doll did come with free frogurt.

4 Treehouse of Horror V: Time And Punishment (1994)

In 1994's hilarious Time In

Punishment segment (a spoof on Ray Bradbury's A Sound of Thunder), Homer taught us that if a time machine toaster ever transports us back to prehistoric time, never, ever step on anything. It will change the future as we know it. In all fairness, donut rainstorms don't sound too bad. This was a great one.

3 Treehouse of Horror IV: The Devil And Homer Simpson (1993)

In this awesome spoof of Stephen Vincent Benét's The Devil and Daniel Webster, Homer

wants a donut so bad that he sells his soul to the devil. Satan, who happens to be Simpson's peppy, super-Christian neighbour Ned Flanders, gets mad when our favourite animated dad tries to skip out on the deal. Ned memorably transforms Homer's head into a giant donut...and Simpson proceeds to nibble at it. It's one of the standout images from the Treehouse of Horror series.

2 Treehouse of Horror VII: Citizen Kang (1996)

1996's Treehouse of Horror segment Citizen Kang acted as a brilliant spoof on mid-'90s American politics. In an effort to take over the planet, sinister aliens Kang and Kodos

abducted Bill Clinton and Bob Dole, and posed as them for them for the presidential election.

Not surprisingly, their ridiculous sounding promises and policies weren't too far off from the real candidates'. It was classic.

1 Treehouse of Horror V: The Shinning (1994)

It only makes sense that a parody of one of the best, most terrifying movies of all time inspired the best Treehouse of Horror segment ever made. The Shinning was a hilarious spoof on the classic Kubrick flick The Shining. It was spooky, hilarious and a solid Halloween homage.

THREE THINGS YOU DIDN'T KNOW

1. It almost ended after its third installment

Treehouse of Horror III was so poorly received after its initial internal screening that it had to undergo over 100 line changes. Executive producers Al Jean and Mike Reiss considered scrapping the annual series after that installment, but were overruled.

2. The series was initially inspired by EC Comics

EC Comics, the publisher responsible for printing the famous horror series Tales From the Crypt as well as sci-fi publications Weird Fantasy and Weird Science was the original inspiration for Treehouse of Horror I.



3. Simpsons writers were worried it was too scary

Remember how the first five Treehouse specials opened with disclaimers warning viewers about the spooks that were about to transpire? They were added to the top of each special because the writers thought their audience would be scared and put off by the departure from standard episodes. The disclaimers were dropped after Treehouse of Horror V.



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Search for small-town serenity

TREND

Young families are fleeing the city and suburbs for a slower life

Megan Haynes
For Metro Canada



Cassie McDaniel, 32, and her husband couldn't imagine raising a child in their small Toronto apartment. So when they had a baby, they decided to move. But the pair didn't stop when they hit Etobicoke, Mississauga or even Hamilton. Instead, they opted to buy in the quaint town of Paris, Ont., population 11,000.

It was a bit of an adjustment for the pair, who had to say goodbye to conveniently located ethnic food options and more than a few friends, she says. But McDaniel, design director for Mozilla who works remotely, says they were attracted to the town for its burgeoning art and design community, as well as Paris' picturesque qualities, and since the move, she's met a number of other young people opting to ditch the city for small-town charm.

While conventional wisdom says millennials (those born between 1977 and 1995) want to live in cities, the high cost of housing, increased opportunities to work from home and exported city-like amenities (such as cute coffee shops, fashion houses and hip pubs) are driving some millennials out of the core. Out of the suburbs even.

The cohort is increasingly choosing to live in small rural towns, on farms or even in cabins in the woods.

The same things that drove this cohort to the cities is driving them to small rural towns, says Leigh Gallagher, author of *The End of the Suburbs*. The car-dependent, sterile suburb, where the majority of today's Gen Y grew up, holds little appeal. Today's young adults want to be close to the action, she says.

"They want to be steps away to some kind of downtown where you can get your pour-over coffee, see friends or a show," she says. They don't want to be bored, and suburbs are boring."

In cities, that means increased demand, and prices, for homes, which means younger adults are being priced out of the market. A recent study by Angus Reid

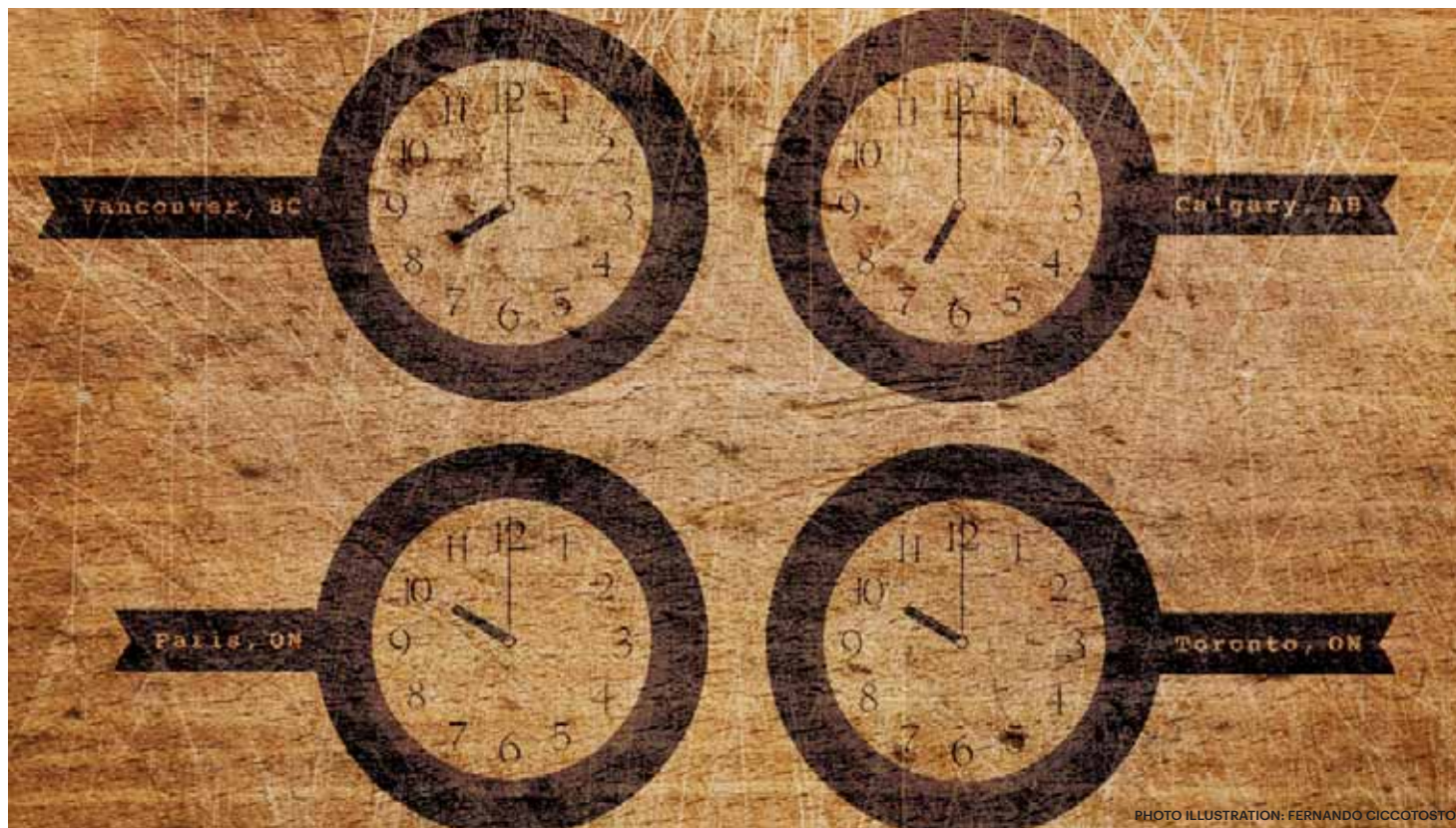


PHOTO ILLUSTRATION: FERNANDO CICCOTOSTO

+ RANKINGS

The best small towns

In its annual survey, MoneySense magazine ranks the top places to live in Canada, based on factors like rates of crime, home ownership versus renting, commutes and the quality of arts and culture.

Here are the Top 3 small towns (that aren't suburbs of nearby cities).

- Stratford, Ont.: population 32,536.
- Canmore, Alta.: population 12,288
- Comox, B.C.: population 14,328



Douglas Paton and his wife Krissy Neilsen, pictured above with their daughter Paige, left Toronto to settle in B.C.'s Okanagan wine region. ISTOCK, COURTESY DOUGLAS PATON

to high housing prices, Serena McCarroll, 40, and her partner moved to Bruno, Sask. to open a small art collective/coffee shop. But a lack of driver's licence and the uncertainty of business meant McCarroll was often alone while her partner found work outside of the town of 500. While she went in knowing it might be lonely in a new town where nobody knows you, yet everybody does — people were untrusting of strangers and didn't rally behind the art collective/coffee shop concept — McCarroll says she under estimated how isolating it would be.

In the end, she fell into de-

pression before deciding to pursue her masters at Ryerson so she could go "get to the biggest city possible," she says.

While she made a few friends in town, the majority of her new friends came from followers of her blog from big cities, who romanticized the small-town way of life and wanted to learn more.

Back in Paris, on a picture-perfect fall afternoon sitting in the Brown Dog coffee shop along the vibrant tree-lined banks of the Grand River, it's hard not to romanticize a quieter life.

Inside, it's bustling, the gourmet food shop owners

talk about the uptick in tourists coming for Paris' "famous cheeses," and there's a buzz of excitement over a new co-working and maker space going up in an old mill. Downtown Paris is where the action is.

"(It's) definitely a more slowed down, rural existence, but (these small towns) have the connection (to) and the same amenities as the cities," says Gallagher.

"What I think is lost in the argument (about the end of suburbs) is millennials are perfectly happy being in the right kind of rural area with a cool downtown."

Driven out of Vancouver due



Dissect spending habits to save more

BUDGET

Track where your money goes and see more in pocket

Gail Vaz-Oxlade
For Metro Canada



If you've been keeping track of where your money goes, you may be surprised at how often you buy coffee, gum, a mid-afternoon snack. How about how often you go into shoe stores, tool stores, restaurants for lunch? See what a spending journal does? It makes you aware of where your money is going. (If you haven't started using one yet, all you need is a notebook and pen, and the will.)

Someone smart said, "Insanity is doing the same thing over and over again and expecting different results."

Tired of being financially insane? Ready to make some changes?

If you've been unaware about where your money goes for

quite some time, it's probably going to take some effort to develop new habits.

Don't get impatient with yourself. Impatience will only distract you from the task at hand. You have, after all, a lot to learn.

You have to:

- Distinguish between "needs" and "wants"
- Communicate with your friends and family about your new awakening and the changes you'll be making
- Recognize the impact marketing and advertising has on you, and resolve not to be influenced
- Create a balanced budget and track your expenses on a daily or weekly basis
- Recognize the importance of saving both for emergencies and for the long term
- Do the hard work it will take to come up with a debt repayment plan and then execute that plan
- Learn to see not only today's immediate needs, but to plan for things you will need and want in the future
- Lead by example: show your children how to take charge of their money so they don't end

up making the same mistakes you did

- Be willing to seek help if you feel overwhelmed or become lost along the way.

Change is never easy. Most people hate change. There will be times when you fall off the rails. You'll lose track of a receipt and kick yourself. You'll skip the comparison-shopping because you just didn't have time. Or you'll buy something that's not in your budget because, well, you just did.

You're only human, so you're bound to make mistakes. The key is to right your rocky boat quickly and tack back on track. It is also important — if you want the change to stick — that you be able to identify at least one benefit you'll gain by changing how you deal with your money.

If you can hold that idea front and centre in your mind — if you know what's really important to you — you're much more likely to stick to the new game plan.

For more money advice, visit Gail's website at gailvazoxlade.com



Take a closer look at where your money is going: start a spending journal. ISTOCK

GENDER EQUITY

Renner clarifies pay-gap quip

Ned Ehrbar
Metro | Hollywood



After Jennifer Lawrence wrote her blistering essay for Lena Dunham about pay inequality and Bradley Cooper came out strongly in support of the issue, someone thought, "Hey, I wonder what the rest of the American Hustle cast thinks of all this?"

Too bad they asked Jeremy Renner next.

"That's not my job," Renner said when asked about negotiating alongside female co-stars to ensure fair treatment.

"I don't know contracts and money and all that sort of stuff. When it comes to that sort of stuff I let other people deal with that."

So it's not so much that Renner is anti-women so much as he's just bad at math.

Renner has since clarified his remarks, writing on WhoSay:

"A person should be rewarded only by their merit or service to their given field. Gender, race, creed, or sexual orientation should have absolutely no influence in pay, positively or negatively."



Jeremy Renner agrees with his costar Jennifer Lawrence that pay should be based on merit, and not gender. GETTY IMAGES

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Carey Price has teamed up with CCM to send thousands of dollars worth of equipment to youth in the area around Williams Lake, B.C.



Hometown rookie scores first career goal

QMJHL

Mooseheads win 2 of 3 in first-ever rivalry week



Kristen Lipscombe
Metro | Halifax

You win some, you lose, well, one.

That's what happened to the Halifax Mooseheads during QMJHL Rivalry Week, which ran from Tuesday to Sunday as a new promotional initiative introduced this season to pit competitive opponents against each other and pump up excitement across the league.

The Herd beat provincial rivals the Cape Breton Screaming Eagles 3-1 on the road last Tuesday and defeated Maritime rivals the Moncton Wildcats 5-2 at home Thursday night but dropped a 4-1 decision to the Screaming Eagles on Friday night, again at home.

One of the most highlight-reel worthy moments of the week was hometown boy Barrett Dachyshyn, 17, scoring his first QMJHL goal Friday in front of 7,668 fans at the Scotiabank Centre — including arguably his No. 1 fan.

"You can't really describe



Mooseheads forward Barrett Dachyshyn lit the lamp during Friday night's 4-1 loss to the Cape Breton Screaming Eagles at the Scotiabank Centre. JEFF HARPER/METRO

that moment," the six-foot-two, 174-pound rookie said after Friday's game, grinning when asked to recall seeing that red lamp light up. "I was happy that I got the puck, and happy that my mom was here, too."

Dachyshyn's memorable

marker came at 2:49 in the opening frame, the Herd's one and only goal of the night against Cape Breton.

"Kelly Bent made a beautiful pass to me behind the back," said Dachyshyn, drafted 57th overall in the third round of

the 2014 QMJHL draft by his hometown major junior team.

"I just tried to take the puck to the net and got a shot off his rebound and just ... decided to bang it home."

Cape Breton forward Phelix Martineau answered with an

“

We beat them in their home barn, so they were kind of excited to ... beat us in our home barn.

Barrett Dachyshyn, on the long-standing rivalry between the Mooseheads and Screaming Eagles

unassisted goal less than a minute later, but Halifax was able to hold on to the 1-1 tie through the remainder of the first and through most of the second period.

It wasn't until 18:33 in the middle frame when a roughing penalty cost the Herd a power-play goal from Peyton Hoyt, who broke the tie for the Screaming Eagles.

Colby Tower and Evgeny Svechnikov capped it off in the third, with the Mooseheads struggling to get shots of their own off.

After three games in four days, the Mooseheads have a 6-9-1-1 record overall so far this season, putting them up at 15th place in the league and fifth place in the Maritimes Division.

The Mooseheads are on the road for three games in Quebec starting Wednesday this week.

AUS REPORT

Huskies, Tigers claim wins in women's hockey

Local Atlantic University Sport hockey teams had mixed results over the weekend, with the Dalhousie Tigers and Saint Mary's Huskies both claiming wins on the women's side but both losing out on the men's side over the weekend.

In men's action, the Tigers were edged 5-4 in overtime by the St. Francis Xavier X-Men in Antigonish, while the Huskies fell 5-2 to the Acadia Axemen at home, both on Friday.

The Tigers are currently in seventh place, while the Huskies are in second place on the AUS standings.

In women's action, the Saint Mary's Huskies edged the St. Francis Xavier X-Women 2-1 at home, and the Dalhousie Tigers defeated the Mount Allison Mounties 5-3 on the road, both on Saturday.

The Huskies are in fourth place, while the Tigers are in sixth place.

KRISTEN LIPSCOMBE/METRO

Huskies endure seventh straight loss of season

Saint Mary's Huskies football has fallen again.

The Huskies dropped a 37-6 decision to two-time defending Atlantic University Sport champions the Mount Allison Mounties in Sackville, N.B., on Saturday, marking their seventh straight loss of the 2015 season.

It wasn't until they were down 32-0 that Saint Mary's was able to put some points on the board, with Ryan Zawacki scoring from nine yards out following a 46-yard punt return from Antoine Lyte-Myers.

Other Huskies highlights were Trevor Erdmann going 14-for-34 with 115 yards and two interceptions, and Leonardo Mantuilla rushing for 75 yards on 13 carries.

Saint Mary's has one more chance for a win this season, when the Huskies kick off against the Acadia Axemen next Saturday afternoon in Wolfville.

If they don't win, 2015 will mark a second straight 0-8 season for the Huskies. KRISTEN LIPSCOMBE/METRO

GYMNASTICS

Black leads Team Canada on road to Rio 2016

Rio is now a reality for Halifax gymnast Ellie Black.

The Canadian women's team secured its berth in the 2016 Olympic Summer Games over the weekend, with Black leading the way to a seventh-place finish in the qualification round at the artistic gymnastics world championships in Glasgow, Scotland.

Team Canada needed to place among the top eight teams in order to qualify for the Olympics next summer in Rio de Janeiro, Brazil, with their seventh-place standing confirmed Saturday after all countries had

“

We did it.

Ellie Black, via Twitter

competed.

Black herself also qualified for the individual all-around and beam finals at the world championship, finishing fourth and third in those events. Both Team Canada and Black will continue competition this week, with the world championship wrapping up Nov. 1.

"It was a little bit stressful

waiting to hear the final results, but I think we did a great job in preparing and coming together as a team," Black said in a *Gymnastics Canada* news release.

"We're all just excited to get back out there in the team final.

"It's a good opportunity to get some more experience as we move forward and it's going to help everyone as we prepare for Rio next summer."

The United States finished first in the qualification round, Russia claimed second and Great Britain came third overall.

KRISTEN LIPSCOMBE/METRO



Ellie Black led the Canadian women to a seventh-place finish at the world championships this weekend. GETTY IMAGES FILE

MLB

Carter says Josh must be AL MVP



Cam Tucker
Metro | Vancouver

If Joe Carter had his way, Josh Donaldson would be the American League's 2015 most valuable player.

In his first season with the Toronto Blue Jays, acquired from the Oakland Athletics in exchange for Canadian infielder Brett Lawrie, the 29-year-old Donaldson set new individual single-season career highs in hits (184), runs (122), doubles (41), home runs (41) and runs batted in (123), which has him in contention — if not the front runner ahead of Mike Trout — for MVP recognition.

Speaking to reporters before Joe Carter Day at the Vancouver Giants' Western Hockey League game Sunday, the 1993 World Series hero firmly entrenched himself in Donaldson's corner.

"If he doesn't get the MVP, it's a total injustice to the game," said Carter, listing off the numerous offensive categories in which Donaldson excelled. "Phenomenal year by a guy in his first year there in Toronto."

Folks in Toronto would likely agree. The MVP chants from fans at Rogers Centre when Donaldson would come to the plate or make a big play in the field, especially through August and September when the Blue Jays were surging through the American League standings, provide sufficient evidence of that.

Donaldson's breakout campaign came as the Blue Jays took the Toronto market by storm, making the playoffs for the first time since 1993. But the 2015 season officially ended Friday for the Blue Jays — dubbed Canada's team — at the hands of the Kansas City Royals on Friday.



Wade Davis is embraced by Salvador Perez, centre, as the Kansas City Royals celebrate after their 4-3 victory against the Toronto Blue Jays in game six Friday. ROB CARR/GETTY IMAGES

New faces, same result for Royals

MLB PLAYOFFS

Kansas repeats World Series feat with solid style, wise buys

Luke Hochevar was a member of the Kansas City Royals who advanced to the World Series a year ago. He was in the dugout for every playoff game, took part in all the champagne celebrations, got an American League championship ring after the season.

He never threw a single pitch, though. That makes this year's return to the Fall Classic so much sweeter. Now recovered from the Tommy John surgery that sidelined him last season, Hochevar has been able to contribute to the success of the club that made the reliever the No. 1 overall draft pick in 2006.

"It feels great. There's no other way to explain it," Hochevar said.

"To experience it last year was unbelievable. To have the opportunity to come back and do it again is even better."

The easy argument is the Royals are back because they're the same team of a year ago. Their core players that became household names against the San Francisco Giants, such as first baseman Eric Hosmer and outfielder Lorenzo Cain, are still doing their thing in Kansas City. The reality is the Royals are back largely

“To experience it last year was unbelievable. To have the opportunity to come back and do it again is even better.”

KC pitcher Luke Hochevar

because of all their new faces.

There were only 12 players on their 25-man roster for the AL Championship Series against Toronto that were on the roster against the Giants. Just four of those were pitchers, and the only starter was Yordano Ventura, who helped Kansas City to victory in the decisive Game 6.

The Royals used the same roster in the divisional round against Houston, and figure to have a similar makeup when they open the World Series on Tuesday night against the New York Mets.

"This is a different team," Royals manager Ned Yost acknowledged, "but we play the same." By that, he means the Royals still rely on pitching and defence. They still win by making fewer mistakes than the opponent. They still cause havoc on the base paths, rarely strike out.

It's just that the cast of characters doing it is slightly different. THE ASSOCIATED PRESS

IN BRIEF

Flip Saunders dies at 60

Longtime NBA coach Flip Saunders, who won more than 650 games in nearly two decades and was trying to rebuild the Minnesota Timberwolves as team president, coach and part owner, died Sunday, the team said.

He was 60. Saunders went 654-592 in 17 NBA seasons with the Timberwolves, Detroit Pistons and Washington Wizards.

THE ASSOCIATED PRESS

NFL

Brady keeps Patriots unbeaten

The fourth quarter started just in time for Tom Brady to overcome some early drops and lead the Patriots on a comeback. And it ended just in time for New England to hold on for a victory.

Brady overcame New England's shaky first three quarters by throwing for a pair of touchdowns in the fourth, and the Patriots defeated the New York Jets 30-23 on Sunday to remain unbeaten.

Brady completed 13 of 16

SUNDAY in Foxborough



passes for 135 yards in the final quarter to overcome a 20-16 deficit and give New England (6-0) a two-game lead over the Jets in the AFC East. The Super Bowl MVP was 34 of 54 for 355 yards overall

— numbers that would have been even better if not for the 11 drops by his receivers, six by newly activated Brandon LaFell.

The Jets rallied in the final minute, kicking a field goal on first down and then recovering the onside kick with 15 seconds left. But after a short pass from Ryan Fitzpatrick left the Jets 37 yards from the tying score, a false-start penalty on Brandon Marshall ended the game. THE ASSOCIATED PRESS

metro OBITUARIES

BARTEAUX, Pauline Phyllis

June 25 1930 - October 20 2015
Pauline, formerly Pauline Munroe of Whitehead NS, passed away in Dartmouth, NS.

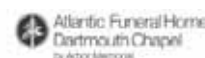
She leaves to mourn her children Phyllis (Bob) Gaetz of Edmonton Ab., Vance (Liz) Bartheaux of Edmonton Ab., Mary (Glen) Titus of Breadalbane, PEI., Richard (Samantha) of Dartmouth, NS, a sister Isabel (Earl) Wile and brother Ernest (Paulette) Munroe both of Dartmouth, NS. She was blessed with six grandchildren and 4 great grandchildren of whom she was very proud.

Pauline was a Worthy Matron with Eastern Star and had worked 20 years at the Cole Harbour Rehab where she shared her unique touch of making people feel special.

The family would like to thank her caretakers who showed great compassion and friendship allowing her to live an independent life at home.

Due to her request for cremation, a private service will be held at a later date.

Please feel free to make a donation to a charity of one's choice. To leave an online condolence please visit www.atlanticfuneralhomes.com (Dartmouth Chapel)



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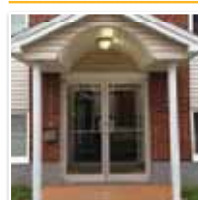
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RECIPE Falafel Burgers



PHOTO: MAYA VINSTEI

Ceri Marsh & Laura Keogh
For Metro Canada

• 2 tablespoons grape seed oil for cooking

Directions

1. The night before, place beans in a bowl and fill with water until covered by two inches. In the morning, drain, rinse and pat beans dry. Store in the refrigerator.

2. In a food processor, add the beans, onion, parsley, garlic, flour, cumin, salt, coriander and chili powder. Process until a coarse meal forms.

3. Pour mix into bowl, cover with plastic wrap and set in refrigerator for an hour. Remove and shape into patties.

4. Heat oil in pan over medium heat, add burgers. Fry burgers for 3 minutes on each side until golden brown. Serve with pitas, sliced cucumber and tahini.

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Ready in

Prep time: 10 minutes

Makes 6-8 burgers

Ingredients

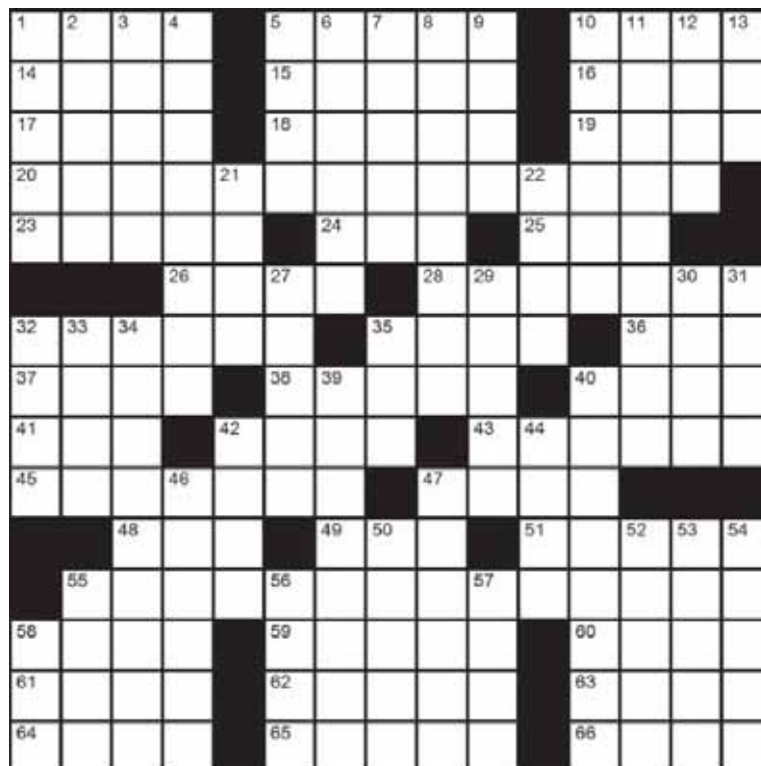
- 2 cups rehydrated garbanzo beans, drained
- 1 small white onion, roughly chopped
- 1/4 cup fresh flat-leaf or curly parsley
- 2 cloves garlic, chopped
- 2 tablespoons flour
- 2 teaspoons ground cumin
- 1 1/2 teaspoons salt
- 1 teaspoon ground coriander
- 1/2 teaspoon chili powder

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. ___ part (Enviably acting role)
5. Clear the chalk from the board
10. Whirl
14. Smidgen
15. Sea swallows
16. Voice characteristic
17. ___ a glass of water
18. Bruce Wayne, to Batman
19. Some trees
20. Location of the Canadian Museum for Human Rights in Winnipeg which is named for the philanthropist/media mogul who envisioned it: 3 wds.
23. Like a pitched abode
24. Progressive rock band
25. Broadcast
26. ___-and-haws
28. 'Gateway to the Sea' town in Newfoundland: 2 wds.
32. Triangular stuffed appetizer
35. Handed-down history
36. Record co.
37. Soon, to Shakespeare
38. Ancient philosopher
40. Primary
41. "1-2-3": 1965 hit for ___ Barry
42. Faux pas
43. Some drums
45. Ballroom dance
47. Sunflower what?
48. Romanian currency



49. Soak
51. Popular island retreat
55. Neil Young (with Crazy Horse) song: 4 wds.
58. Prefix to 'byte'
59. Record

60. Thickening gum
61. '90s British band
62. Keeners
63. City in Quebec
64. Rosebud, for one

65. ___ Dog Night
66. Glasgow gal

DOWN

1. Sort of songbird
2. Slack
3. Driver's reversal
4. Persians vs. Athen-

- ians on-the-plain battle site in 490 BC in Greece
5. And others, for short: 2 wds.
6. Conveys a message
7. Surface

8. Photo
9. Existence
10. "Family Guy" character
11. Arctic animal in Churchill, Manitoba: 2 wds.
12. "___ Life" by The Beatles
13. Belonging to Omaha's li'l state
21. Contact lenses reasons
22. Unique
27. Syrup sort
29. Happened to happen
30. Marie-Claire's friend
31. Yangs counter-parts
32. Angelina Jolie movie
33. Afresh
34. An actor might be asked to perform one in an audition
35. Track circuit
39. Fake-perform the song, variably
40. Elizabethan vocal piece
42. Surprise
44. Close by
46. Alaska's ___ Peninsula
47. Field
50. Sea ___ (Furry aquatic animal)
52. Droplet-looking throat part
53. Shows pride
54. Tapestry wall hanging
55. ___ pickles
56. Triumph
57. Gaelic
58. Playwright monogram

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Be careful how you react to criticism today because if you let rivals see that your feelings are hurt they will take advantage of it. This is still a good time for getting things done. Don't let anyone burst your bubble.

Taurus April 21 - May 21
You may find it hard to treat others as your intellectual equals but pretend you take what they say seriously. And check your facts. The approaching full moon in your sign warns you could make a fool of yourself.

Gemini May 22 - June 21
Do not get discouraged just because there is still a yawning gap between your dreams and your reality. Throw yourself into an activity.

Cancer June 22 - July 23
You won't hesitate to speak your mind but be careful. Tomorrow's full moon warns if you stray too far from the facts you could be the one who is the topic of conversation — and what others say won't be pleasant!

Leo July 24 - Aug. 23
Don't say or do anything that might meet the disapproval of people in power. Believe in yourself and that belief can take you far, but the fact is your rivals are more powerful than you are.

Virgo Aug. 24 - Sept. 23
If you tread on someone's toes the consequences could be painful for both of you. Minor differences could escalate, so avoid slinging insults.

Libra Sept. 24 - Oct. 23
Act as if you care about what is going on around you, even if you don't. Although other people's struggles may not be your struggles you will only get where you want to go if you pretend they are.

Scorpio Oct. 24 - Nov. 22
You are rarely afraid to be controversial but watch out you don't go too far and make an enemy of someone who is more than a match for you. Be careful what you say.

Sagittarius Nov. 23 - Dec. 21
You may be impatient to get things done but take care that in your haste you don't neglect the needs of those you love. Don't turn people against you just because you are in a hurry.

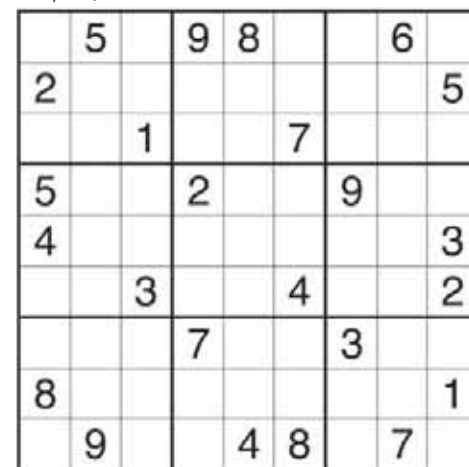
Capricorn Dec. 22 - Jan. 20
You may not be able to do much for yourself as the new week begins but you can help a friend or colleague overcome a problem. In doing so you may even discover why you have been stuck in the doldrums.

Aquarius Jan. 21 - Feb. 19
A change is necessary and although it won't be easy, it must be done. Don't feel bad that others are not as committed to change. In the long-term it will be good for them too.

Pisces Feb. 20 - March 20
The approaching full moon demands that you must be totally honest with yourself about what it is you desire and what it is you will have to do to get it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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